

---

---

## CHAPTER 15:

# Psychological Disorders

---

---

## Psychological Disorder

### ◆ • Psychological Disorder

- **Patterns of thinking, feeling, and behaving that are maladaptive, disruptive, or uncomfortable for those who are affected or for those with whom they come in contact.**
- **Three necessary conditions**
  - \* The person experiences significant pain or distress.
  - \* The source of the problem resides in the person.
  - \* The problem is not a deliberate reaction to conditions, such as poverty, government policy, or other conflicts with society.

# **Psychological Disorders: Biopsychosocial Model**

- **Biological / Medical Model**
  - The perspective that mental disorders are caused by biological conditions and can be treated through medical intervention
- **Psychological Model**
  - The perspective that mental disorders are caused and maintained by one's life experiences

# **Psychological Disorders: Biopsychosocial Model**

- **Sociocultural Model**
  - The perspective that psychological disorders are influenced by cultural factors, gender, age, and/or ethnicity
    - **Culture-general disorders**
      - Recurring patterns of maladaptive behavior that are limited to a specific cultural group or location

# Psychological Disorders:

## *Diagnosis: A Necessary Step*

- **Diagnosis**
  - The process of identifying and grouping mental disorders with similar symptoms
- **DSM-IV**
  - Acronym for the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders* (4th Edition) - [http://allpsych.com/disorders/disorders\\_alpha.html](http://allpsych.com/disorders/disorders_alpha.html)

# Psychological Disorders

## ◇ DSM-IV Mental Disorders Described in This Chapter ◇

- \* Anxiety Disorders: Intense anxiety is the main symptom
- \* Somatoform Disorders: Physical symptoms that are psychological in origin
- \* Dissociative Disorders: Part of one's experience is detached from consciousness
- \* Mood Disorders: Severe mood disturbances
- \* Schizophrenic Disorders: Psychotic disorders characterized by a loss of contact with reality

# Anxiety Disorders

- **Generalized Anxiety Disorder (GAD)** <http://www.youtube.com/watch?v=dRmBJhtys9g>
  - Characterized by a constant state of anxiety not linked to an identifiable source
- **Panic Disorder**
  - Characterized by sudden and intense rushes of anxiety without an apparent reason
  - \* Common symptoms of panic disorder are heart palpitations, dizziness or faintness, trembling or shaking, fear of losing control, and shortness of breath.

# Anxiety Disorders

- [http://www.youtube.com/watch?v=gT\\_mkrrM\\_cE](http://www.youtube.com/watch?v=gT_mkrrM_cE)
- **Phobic Disorder** - <http://phobialist.com/>
  - Characterized by intense and irrational fear
    - Agoraphobia
      - The main symptom is an intense fear of public places
    - Social Phobia
      - An intense fear of situations that invite public scrutiny

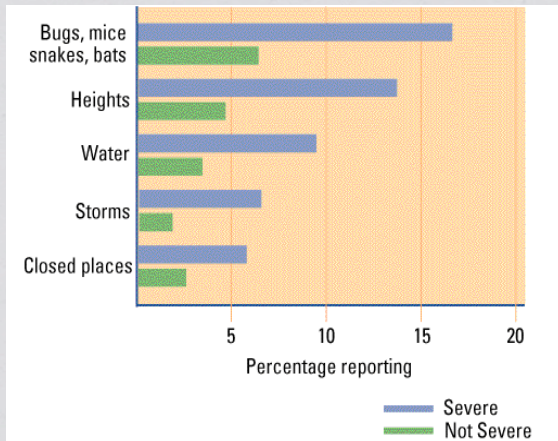


## Anxiety Disorders

### Phobic Disorder

#### ◇ Frequency of the Most Prevalent Simple Phobias ◇

**Simple Phobia:** An intense, irrational fear of a specific object or situation.



## Anxiety Disorders

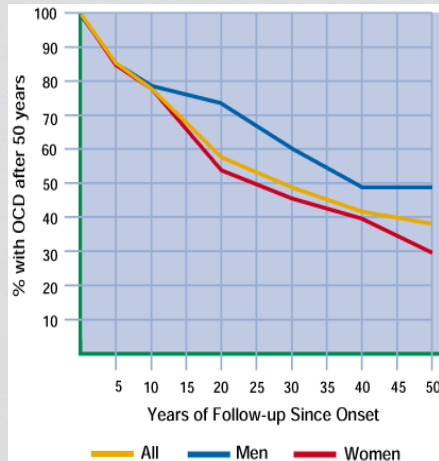
### • Obsessive-Compulsive Disorder

- Defined by persistent thoughts and the need to perform repetitive acts
  - Common Obsessions: dirt, germs, contamination, and aggressive impulses
  - Common Rituals: checking, washing, and counting
  - <http://www.youtube.com/watch?v=44DCWslbsNM>

# Anxiety Disorders

## *What Happens to People with OCD*

- \* A study of untreated OCD patients found that about 66% improved after 10 years.
- \* And, 80% improved within 40 years.
- \* However, very few became symptom-free and some became worse.



# Anxiety Disorders

## **Cultural Influences on Anxiety Disorders**

- \* Three findings from cross-cultural comparisons are:
  - \* Anxiety is universal and is exhibited by the same bodily reactions.
  - \* Culture influences the cognitive component of anxiety, i.e., what people worry about and their beliefs about the causes of it.
  - \* Treatment needs to acknowledge cultural diversity.

# Somatoform Disorders

- **Somatoform Disorder**

Mental disorder in which a person experiences bodily symptoms that are psychological rather than medical in nature

- **Hypochondriasis** - <http://www.youtube.com/watch?v=McYbyn-PrHs&feature=fvw>

A disorder characterized by an unwarranted preoccupation with one's physical health

- **Conversion Disorder**

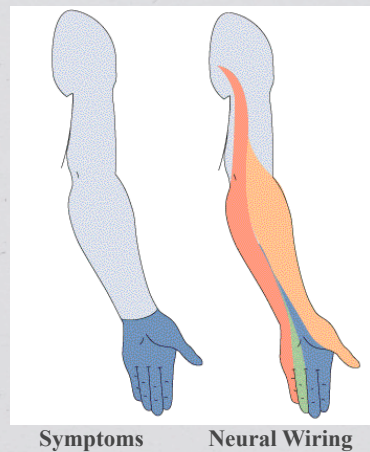
A disorder in which a person temporarily loses a bodily function in the absence of a physical cause

[http://www.youtube.com/watch?v=\\_2NbEV8cFzs&feature=related](http://www.youtube.com/watch?v=_2NbEV8cFzs&feature=related)

## Somatoform Disorders

### *Conversion Disorder*

- \* In “**Glove Anesthesia**” (shown), the person reports numbness in the hand but sensation in the arm.
- \* However, four different nerve tracts provide sensation to both the hand and lower arm.
- \* The physical symptoms do not match the physiological reality.



# Dissociative Disorders

- **Amnesia**
  - A dissociative disorder involving a partial or complete loss of memory
- **Fugue State** – Jody Roberts Story
  - A form of amnesia in which a person “forgets” his or her identity, wanders from home, and starts a new life
- **Dissociative Identity Disorder (DID):**
  - \* A condition in which an individual develops two or more distinct identities
  - \* Formerly known as “Multiple Personality Disorder.”
  - \* <http://sports.espn.go.com/nfl/news/story?id=3346240>

# Mood Disorders

## Major Depressive Disorder

- **Depression**
  - Characterized by sadness, despair, feelings of worthlessness, and low self-esteem
  - \* Depression is universal.
  - \* Depression rates are on the rise.
  - \* Women are twice as likely to seek treatment for it.
  - \* Some people get depressed on a seasonal basis.
  - \* Depressive episodes often last only a few weeks.

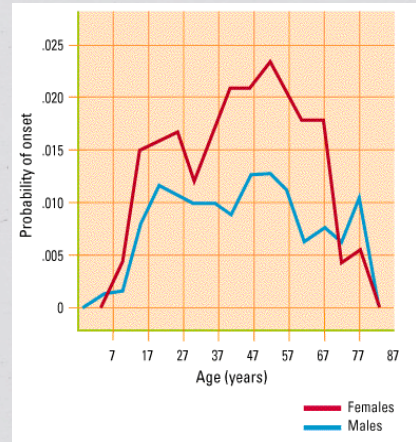


# Mood Disorders

## Major Depressive Disorder

### *Ages of First Onset*

- \* Depression is seldom identified before adolescence.
- \* Rates of depression increase through adulthood.
- \* It is most commonly diagnosed in middle age.
- \* First onset of depression is rare among the elderly.

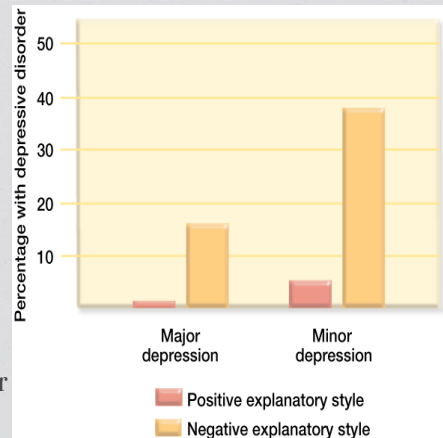


# Mood Disorders

## Theories of Depression

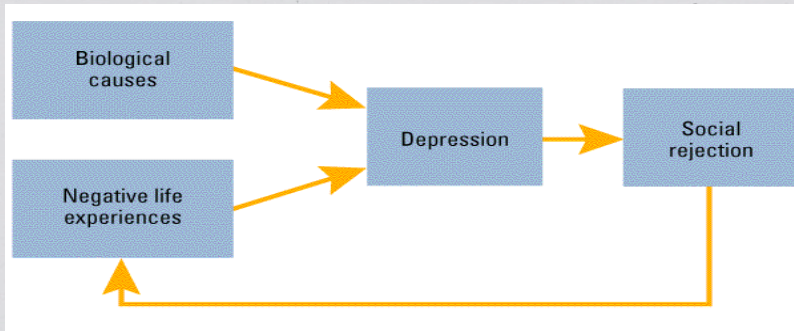
### *Explanatory Styles and Depression*

- \* Explanatory styles among first-year college students were assessed.
- \* Two years later, those with a negative style (tendency to attribute negative events to factors that are internal, stable, and global) were more likely to experience a major or minor depressive disorder.



## Mood Disorders

### *The Vicious Cycle of Depression*



## Mood Disorders

### Suicide: The Ultimate “Solution”

- \* Roughly one million people worldwide commit suicide each year.
- \* Women are three times more likely to attempt suicide but men are four times more successful.
- \* About 75% of suicides are committed by people who suffered from depression.
- \* The single best predictor is a sense of hopelessness.

# Mood Disorders

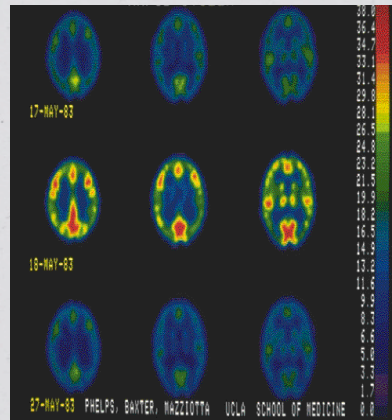
## Bipolar Disorder

### *Brain Activity*

#### ♦ Bipolar disorder

- A rare mood disorder characterized by wild fluctuations from mania to depression

\* These are fluctuations in brain activity from depression (top), to mania (middle), and back to depression (bottom) in someone with bipolar disorder.



# Schizophrenic Disorders

## • Schizophrenic Disorders

- Disorders involving gross distortions of thoughts and perceptions and by loss of contact with reality
- <http://www.mtv.com/videos/true-life-i-have-schizophrenia/1586145/playlist.jhtml>

# Schizophrenic Disorders

## The Symptoms of Schizophrenia

- \* Incoherent Thinking
- **Delusions**
  - False beliefs
- **Hallucinations**
  - Sensory experiences that occur in the absence of actual stimulation
- \* Disturbance of Affect
- \* Bizarre Behavior

# Schizophrenic Disorders

## Types of Schizophrenia

- \* **Disorganized:** Exhibit signs of illogical thinking and speech
- \* **Catatonic:** Exhibit extremes in motor behavior
- \* **Paranoid:** Delusions or hallucinations often include extreme suspiciousness and hostility
- \* **Undifferentiated:** Do not clearly fit into a type
- \* **Residual:** Experienced prior episodes of schizophrenia but are not currently exhibiting symptoms



# Schizophrenic Disorders

## Types of Schizophrenia

### Positive and Negative Symptoms

- \* Positive Symptoms include cognitive, emotional, and behavioral excesses.
- \* Examples of positive symptoms are hallucinations, delusions, thought disorders, and bizarre behaviors.
- \* Negative symptoms include cognitive, emotional, and behavioral deficits.
- \* Examples of negative symptoms are apathy, flattened affect, social withdrawal, inattention, and slowed speech or no speech.

# Schizophrenic Disorders

## Theories of Schizophrenia

### *Genetic Relationships and Schizophrenia*

- \* The risk of developing schizophrenia in one's lifetime increases as the genetic relatedness with a diagnosed schizophrenic increases.

Relationship	Genetic relatedness	Risk
Identical twins	100%	48%
Offspring of two schizophrenic parents	100%	46%
Fraternal twins	50%	17%
Offspring of one schizophrenic parent	50%	17%
Sibling	50%	9%
Nephew or niece	25%	4%
Spouse	0%	2%
Unrelated person	0%	1%

# **Schizophrenic Disorders**

## **Theories of Schizophrenia**

- **Diathesis-Stress Model**
  - The theory that certain mental disorders (such as schizophrenia) develop when people with a genetic or acquired vulnerability are exposed to high levels of stress

# **Personality Disorders**

- **Personality Disorders**
  - Characterized by a personality that is highly inflexible and maladaptive
- **Borderline Personality Disorder**
  - Characterized by instability in one's self-image, mood, and social relationships and lack of clear identity
- **Antisocial Personality Disorder**
  - Involves a chronic pattern of self-centered, manipulative, and destructive behavior toward others

# Comorbidity of Disorders

- **Comorbidity**
  - The tendency for people diagnosed with one mental disorder to exhibit symptoms of other disorders as well